



Milk Extension Activities

For use after your class has participated in this FARM Science Lab lesson!

1. Read:

Dairy on My Plate by Mari Schuh

Based on the MyPlate program, this non-fiction book walks through nutritional value, products made from dairy and how many servings one needs of dairy in their diet.

Clarabelle: Making Milk and So Much More by Cris Peterson

Meet Sam and Josh as they show readers around their family's dairy farm. The boys will introduce readers to Clarabelle, one of their Holstein dairy cows and share all the ways the family cares for their herd of cows.

Who Made My Lunch? From Milk to Cheese by Bridget Heos

Ice cream might be your favorite dessert, but do you know how it's made? This new series explains just that. Come along on the journey as common household foods travel from farm to factory to table. Learn how grapes are made into jelly and peanuts are made into peanut butter. With clear process explanations and charming illustrations, this series answers the questions of curious and hungry kids. A child wonders where cheese comes from and learns about the jobs of a dairy farmer and cheese makers and how milk is made into cheese at a cheese factory. This illustrated narrative nonfiction book includes a world map of where dairy cows are raised, glossary, and further resources.

2. Websites:

United Dairy Association of Michigan:

<https://www.milkmeansmore.org/schools-educators/nutrition-education/>

Discover Dairy:

<https://www.discoverdairy.com/>

Midwest Dairy:

<https://www.midwestdairy.com/dairy-resource-center/educator-resources/>

The Dairy Alliance:

<https://thedairyalliance.com/teacher-resources/>

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